

DESERT AIRMAN

Davis-Monthan Air Force Base, Ariz.

Friday, Jan. 16, 2004

Guards of honor



1st Lt. Rebecca Garland

Army Spc. Justin Hafner (left) and Staff Sgt. Jerod Reichard, members of the Elite Guard, man the Craycroft Road Gate. The Elite Guard is comprised of 15 Air Force and Army personnel that are the 'best of the best,' of all the Security Forces Squadron personnel at Davis-Monthan. The motto of the Elite Guard is: 'Demonstrate by example the highest levels of professionalism while serving as the first contact with military members and visitors at Davis-Monthan Air Force Base.' This motto is and was the basis for their training and professionalism. Along with the motto is the Elite Guard Mission: "Be ambassadors to the Davis-Monthan community. Provide fast and efficient entry control at all main thoroughfares while maintaining professionalism, accountability to the customers and commitment to Air Force core values."

'Elite Guard,' D-M's newest ambassadors post for duty

By 1st Lt. Rebecca Garland
355th Wing Public Affairs

"I am an elite guard. I am by definition the best of the best. I am the first line of defense for the installation. My standards of performance, job knowledge, and professionalism are without peer. I am fast, friendly and focused, while executing my duties. I treat every customer with respect and dignity, for without our customer we do not exist. I never have a bad day, lose my temper, or compromise my integrity. I am never too hot or too cold, too wet or too tired, while performing my duties – I am always outstanding!"

This creed is instilled in the

hearts of the 15 'best-of-the-best' Air Force and Army warriors that represent the 355th Security Forces Squadron as the new official 'Elite Guard.' These 15 personnel passed through three rounds of eliminations, stood higher than the rest during physical training, inspections and academics and now guard the entrances of D-M as the official Elite Guard.

"This is a joint effort between the Air Force and the Army here at D-M," said Tech. Sgt. Allen Guest, 355th SFS NCO in Charge of the Elite Guard training. "This is significant because we're a team with our Army counterparts, we've been together for over a year now serving D-M, and we decided we wanted something to signify the

unity between us. That's where the idea of the Elite Guard came from."

Originally, 59 personnel applied to the Elite Guard program, and after the first round of questions and an inspection in front of a panel of four judges, the number was decreased to 21.

"That first round wasn't easy," said Senior Master Sgt. John McCormick, 355th SFS operations superintendent. "Making that first cut was hard, because all our troops are sharp, know their job and maintain high standards in everything they do. But, we still had to cut the number, and we dropped it to the best 21."

Those 21 personnel went through a week of intense physi-

cal training, academics, inspections, testing and competition.

"The hardest thing about the week was the morning P.T. (physical training)," said Army Spc. George Mull. "Along with that is making the transition to day time activities. I worked night shifts for the last year, so this is tough."

During the intense week, the contenders met at 6 a.m. for physical training, and from there prepared for an open ranks inspection, to include everything from preparatory commands to marching and drill. After inspection, they transitioned into a classroom

See *Elite*, Page 4

Child's book donations

Comment: I was at the hospital the other day with my three children (ages 11, 9 and 6) and realized that there is no reading material for them.

I am always able to find a magazine for myself but never anything for them to read. The panel that we belong to sometimes has crayons and paper for them, but what I was hoping for is to have a book donations program started for all the children at Davis-Monthan who visit the clinic.

This idea can go a long way with making the community of D-M feel that everyone is important. Even when you are sick, D-M will be sharing, and helping motivate our youngsters to pick up a book and read.

Thank you for your time.

Response: Thank you for your excellent suggestion; it will help us better serve our entire customer base. In response to your call, we've implemented a children's book program and appreciate the donations we've already received. Master Sgt. Quintana is our point of contact for this new project.

If anyone would like to donate children's books to help this program grow, please contact Sgt. Quintana at 228-1571. **(Editors note:** Supporting each other and working together to provide the best programs and services is a goal for all Davis-Monthan community members. Ideas, suggestions, comments, concerns and kudos are important to make improvements. The best way to pass along a comment or to get an answer to a concern is to contact the agency chief or functional managers listed here. Still no solution? The Commander's Corner phone line is 228-4747. An e-mail can also be sent to: 355thWing.CommandersCorner@dm.af.mil. Callers must leave their name, phone number and a message. They will receive a prompt reply in writing or by telephone.

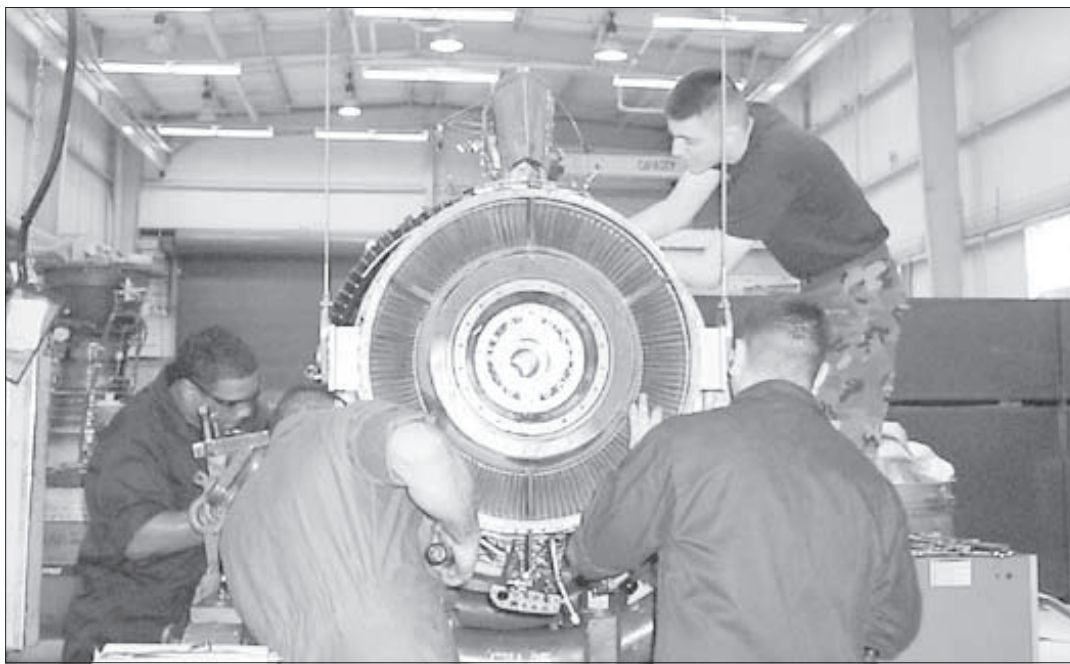
We will honor caller confidentiality, but sometimes we need to contact callers to gather additional information. If a concern is of general interest to the base populace, the response may be published in the *Desert Airman*. Anonymous calls may not be published.)



Col. Larry Stutzriem
355th Wing Commander

Agency numbers

AAFES Agencies.....	228-3904	Inspector General.....	228-3558
Accounting and Finance.....	228-4964	Legal.....	228-6432
Chaplain.....	228-5411	Lodging.....	228-4845
Civil Engineering.....	228-3401	Military and Civilian Equal	
Clinic.....	228-2930	Opportunity Office.....	228-5509
Commissary.....	228-3116	Military Personnel.....	228-5689
Family Support.....	228-5690	Public Affairs.....	228-3204
Fitness and Sports Center.....	228-0022	Security Forces.....	228-6178
Haefner Fitness Center.....	228-3714	Services.....	228-5596
Housing Office.....	228-3687	Transportation.....	228-3584



Staff Sgt. Tammie Clark

Mission Spotlight

The 355th Component Maintenance Squadron directs intermediate-level maintenance to include repair and test of propulsion units.

Members of the 355th CMS troubleshoot and repair avionics, navigation, computer, electronic warfare and photographic equipment. The squadron also calibrates test, measurement and diagnostic equipment, and completes maintenance on aircraft accessory systems supporting flying squadrons comprised of A/OA-10, EC-130P and HH-60E combat ready aircraft.

The 355th Component Maintenance Squadron Propulsion Flight Team 2 prepares an A/OA-10 Thunderbolt II TF-34 engine for the test cell.



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Tip-toeing through the minefield



Tech. Sgt. B. Coors-Davidson

BAGRAM AIR BASE, Afghanistan -- Staff Sgt. Brian Haskell, 455th Expeditionary Operations Group general purpose vehicle mechanic, makes field repairs on an up-armored HUMVEE that was damaged when security forces members entered an unmarked mine field here. A series of six explosions rocked the vehicle, disabling it and blowing

up the passenger side tires. The airmen escaped injury and stayed with the HUMVEE for almost two hours until a mine-clearing vehicle, known as a buffalo, was sent in to extract the stranded airmen. Haskell is one of many troops deployed from Davis-Monthan Air Force Base, Ariz. in support of Operation Enduring Freedom.

35 airmen were saved from the consequences of driving under the influence by the Airmen Against Drunk Driving Program since Dec. 31.

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4 p.m. to midnight Sundays for a ride.

News Notes

Blood Drive

Blood supplies are low in the United States, and all over the world. The Red Cross agency in Tucson has had to turn away requesting medical agencies due to fatally low blood supplies. The next blood drive on base will be Feb. 11 from 8 a.m. until noon in the Desert Oasis Enlisted Club ball room. Projected dates for 2004 blood drives are March 10, April 15, May 5, June 16, July 21, Aug. 18, Sept. 15, Oct. 20 and Dec. 15.

MPF limited services

The Military Personnel Flight and the Civilian Personnel Flight will under-go renovation beginning Tuesday. The project will equip the entire building with new furniture. Services will be limited beginning Tuesday. The Customer Service section will remain open for business as usual, but all other services will be offered on a limited basis Tuesday through Thursday and Jan. 26. The MPF will be closed Jan. 23 to complete the renovation. For more information about the project, contact 2nd Lt. Cheryl Moore at 228-4490.

New visitor center hours

Effective 4 p.m. Monday, the visitor reception center hours of operation will be 6 a.m. until 10 p.m. seven days a week. Between the hours of 10 p.m. and 6 a.m., on-duty gate guards will issue passes at the Craycroft Road Gate only. The visitor center will be minimally manned 6 to 7 a.m., 4 to 10 p.m. during weekdays and 6 a.m. to 10 p.m. weekends and holidays, so longer waiting times may result.

MPOY awards

The 355th Maintenance Group Medalion Ceremony will be held at The Mirage Officers' Club Thursday at 4:30 p.m. The Maintenance Professional of the Year banquet will be held in the 79th Aircraft Maintenance Unit hangar Jan. 24 at 6 p.m. The cost is \$8 for senior airmen and below, \$10 for staff and tech. sgt. and \$15 for master sgt. and above. For more information, call Senior Master Sgt. John Sprock at 228-0194.

Commanders Access Channel

The Commander's Access Channel is now up and running. It can be viewed on COX Cable, Channel 74. The CAC has updates on base wide activities, events, Army Newswatch and Air Force Television. For more information, call 355th Wing Public Affairs office at 228-3378.

Volunteers provide tax preparation relief to D-M

By Stephanie Ritter
355th Wing Public Affairs

The Volunteer Income Tax Assistance program will begin offering free income tax assistance, preparation and electronic filing for the D-M community Jan. 28.

"VITA is an [Internal Revenue Service] program that provides volunteers to help Davis-Monthan members with their taxes," said Capt. Timothy Rushenberg, 355th Wing assistant staff judge advocate.

But the service is not limited to active-duty members.

"Our goal is to do tax returns for anyone who has regular access to D-M," said Mr. Armen Dermen, VITA coordinator.

The VITA office, located on Madera Street in Building 4310, Room 109, will be open Mon-

day through Friday, Jan. 28 until April 15, from 9 a.m. to 3 p.m. The first two weeks of tax assistance will be reserved for active duty members and spouses only.

Staffed entirely by volunteers, VITA is a joint activity of the D-M Retiree Activities Office and the 355th Wing Staff Judge Advocate.

"The volunteers receive extensive training from a representative of the IRS on the tax wise program to ensure they are equipped to handle any type of filing," said Capt. Rushenberg.

The tax-wise program involves electronic filing. According to Capt. Rushenberg, filing taxes electronically is another benefit of VITA because it allows individuals to get their refunds faster than if the filings were mailed. The system provides an option for direct deposit to a taxpayer's bank account with the

deposit normally being made within two weeks.

For individuals who owe money, electronic filing allows them to file now and pay later.

"With the file-now and pay-later option, people can complete the taxes at any time and don't have to send in their check until April 15," said Mr. Dermen. "That allows people the opportunity to not put off filing until the last minute. They can get it out of the way and plan for the money they will owe later."

In order to assist members of the volunteer staff, taxpayers should bring the following items when visiting the VITA office for tax preparation:

- Social security card or record of social security number;

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Elite

Continued from Page 1

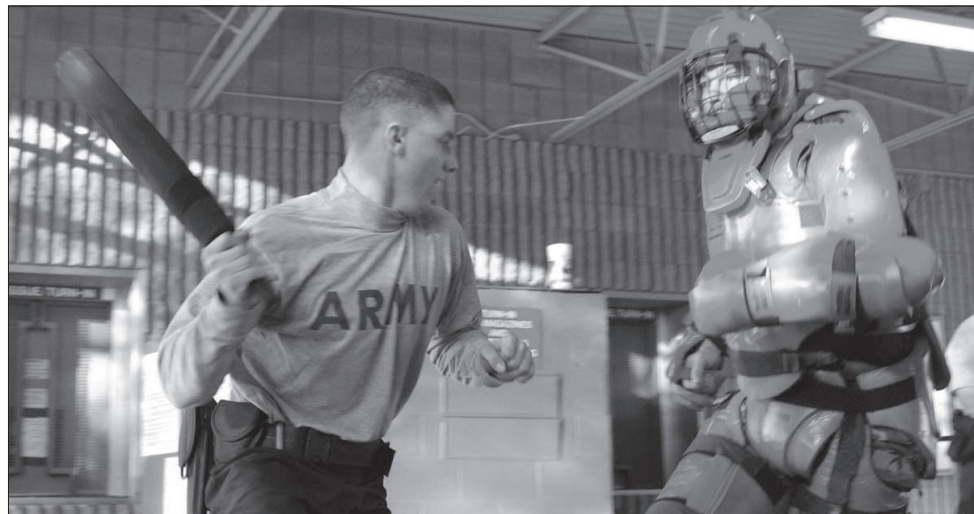
setting, where they focused on job knowledge, customer service and how to uphold the highest standards in their job. Other training included pepper spray training to Army System Procedures (using the expandable baton).

"We want to be sure that every Elite Guard has the proper tools to diffuse any situation," said Sgt. Guest. "The different training they received this week is preparing them for anything and the training will continue even after the Elite Guard is working."

Wednesday of the intense week, the group of 21 was cut to the final 15 Elite Guards. Those 15 members finished their academics, perfected their fitness levels and earned the right to wear uniforms that separate them from the rest. This makes them easy to identify.

"They have a black ascot with the unit patch and also wear a black braid," said Sgt. Guest. "The braid signifies what they went through to become the Elite Guard. They'll wear a black beret, black gloves, spit-shined boots of course and they are spider laced. In the summer, they will wear the blues (or greens for Army) uniform, white ascots, white braids, all their ribbons, white laces in their boots, white gloves, a chrome whistle and a chrome badge."

Every six months the Elite Guard will hold new try outs, so those who did not make the cut this time, have a chance again later. The Elite Guard finished its initiation with a formal inspection by Col. Larry Stutzriem, 355th Wing commander, and now hold their normal shifts at the gates. Personnel driving through base from 5 a.m. until 6 p.m. can see these Elite Guards carrying out their duties as D-M ambassadors.



Army Spc. Justin Hafner (left) attacks Tech. Sgt. Lee Hayes with an ASP during Elite Guard training. Sergeant Hayes wears a protective suit to avoid injuries.



Airman 1st Class Joseph Cruz (left) shows Airman York, a new security forces troop, defensive tactics during Elite Guard training.

Photos by Staff Sgt. Russell Wicke

5-stars

Davis-Monthan fitness centers receive 5-star rating, become first in ACC to win this award

By Senior Airman Brandy Dupper-Macy
355th Wing Public Affairs

Both Davis-Monthan fitness centers were rated among the top in the Air Force when it received a five-star-rating from Headquarters Air Force Services Agency in December.

The Haeffner Fitness Center and Davis-Monthan Fitness and Sports Center are the only fitness centers in Air Combat Command to receive the five-star-rating.

The fitness and sports centers were rated

in five separate categories: operations, programs, training, facilities and customer service. They received a rating of more than 90 percent in all categories, resulting in their five-star-rating for fiscal 2003.

With all of the programs the Davis-Monthan fitness centers offer it is no wonder why they received such high ratings.

"The new fitness and sports center provides upscale indoor fitness areas to include cardio, weight, resistance and aerobics training areas," said Senior Master Sgt. Ken Ramey, 355th Ser-

vices Squadron fitness and sports superintendent.

The cardio area is equipped with television sets mounted from the ceiling and offers more than 45 hi-tech cardio machines, each with "Cardio Theater," so people can listen to their favorite television station or compact disc.

Swim For Life, D-M to LA Coliseum Race, Indoor Triathlon and monthly fun runs are just a few examples of special fitness incentive pro-

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VITA

Continued from Page 4

- u The federal, and state if applicable, tax package the individual received in the mail;

- u Forms W-2, 1099-R and other statements of reportable income such as Form SSA-1099 (social security benefits);

- u All appropriate expense information such as medical, home

mortgage interest, real estate taxes, charitable contributions and child care expenses;

- u Information on rental property and investment sales;

- u Applicable powers of attorney; and

- u A copy of the taxpayers 2002 federal, and state if applicable, tax returns.

"The copy of the 2002 tax returns is an extremely useful piece for taxpayers to have on them

when they come to the VITA office," said Mr. Dermen. "It will make the entire process a lot easier."

Due to the fact that the VITA office will only have federal and Arizona tax forms, individuals filing state taxes for any other state should contact that state to get the appropriate forms. Most state forms are available on the internet or can be ordered by calling the IRS at 1-800-829-3676.

"It is important for people to know that they do not need to go somewhere and spend a lot of money when we can provide professional and quality assistance for filing tax returns," said Mr. Dermen. "In addition, the price at VITA is definitely right."

Appointments for free income tax assistance will be required and can be made by calling the VITA office starting Jan. 26 at 228-3489.



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Air Force authorizes use of embroidered logo on jacket

By Staff Sgt. Melanie Streeter
Air Force Print News

Air Force Uniform Board members have introduced a new addition to the lightweight blue jacket.

"The Air Force chief of staff approved adding the Air Force logo to the existing lightweight blue jacket," said Senior Master Sgt. Jacqueline Dean of the Air Force Uniform Board.

Anyone not issued an embroidered jacket can have the logo applied on their jacket by a

local embroidery shop using certain guidelines, Sergeant Dean said.

The Air Force logo is to be embroidered in a polyester white meridian thread with a stiff tear-off backing, according to information that was provided by Libby Glade, Air Force clothing office chief. The total stitch count of the logo and lettering will be between 4,200 and 5,000 stitches.

The symbol is to fit within a two-inch square. There is a one-fourth inch space between the symbol's lowest point and the "U.S. AIR FORCE" type.

The "U.S. AIR FORCE" type is to be one-fourth of an inch high, 3.5 inches long, in all capital Arial font, 24 point.

The symbol is to be embroidered on the upper left chest. The dot in the center of the symbol is centered vertically between the shoulder seam and where the underarm side seam joins the armhole sleeve, and centered horizontally between the zipper and the sleeve armhole seam.

Rank on the jacket continues to be worn on either the collar or the sleeve, Sergeant Dean said.

Star

Continued from Page 5

grams offered at the fitness and sports centers to encourage participation in fitness programs, said Sgt. Ramey.

The center also features a six-lane, 25-meter pool for lap swimming and water aerobics, full indoor multi-purpose gymnasium/basketball court, a café/nutrition bar, elevated indoor running track, multi-purpose rooms, aerobics stu-

dio, locker areas, 15 free aerobic classes and 13 additional aerobic classes for a nominal fee. The features don't stop here.

The parent or "Munchkin Room" offers five pieces of cardio equipment and a separate child play area so that parents can workout while watching their children play, Sgt. Ramey said.

The staff at the reception area provides guests any needed information and is also located where people can check out equipment and sign up for various sports

programs.

"Our Haeffner Fitness Center, although a much older facility, continues to maintain the highest fitness standards and continues to rival many other bases," Sgt. Ramey said. The facility offers group exercise programs, cardio and strength training and racquetball courts, which helped meet and exceed the Air Force five-star criteria.

The fitness and sports centers are open to all active duty personnel, dependents, retirees, Depart-

ment of Defense civilians and other authorized civilian/contract personnel 16 years of age and older.

"The men and women of the fitness and sports centers staff took great pride in this achievement, proving that their hard work, dedication and efforts to maintain the highest standards in the Air Force for fitness and sports has paid off," Sgt. Ramey said.

For more information on what the fitness and sports centers offer, call 228-0022.

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By Lt. Col. Sallee Britton
355th Medical Operations Squadron

It's 2004 and another year has come and gone. Have you made any New Year's resolutions?

About 80 percent of individuals who do make resolutions have at least one related to their health, whether it is to lose weight, get in shape, to stop smoking or something similar.

You have more control of your health status than you realize or want to admit. In fact, you're in the driver's seat when it comes

to taking care of yourself. You can make a difference, because the habits and lifestyle changes you adopt really do affect your long-term health.

Almost all of the major causes of death – cancer, heart disease, stroke, lung disease and injury – can be prevented.

Here are seven simple things to remind you of what you can do to stay healthy and prevent disease in the New Year.

1. Don't smoke or use tobacco. One out of every six deaths in the United States is directly linked to smoking. Smoking is responsible for more preventable illnesses

than anything else.

2. Limit your alcohol intake to two drinks a day or less, and no saving those drinks up through the week to have them all on the weekend. Too much alcohol causes liver damage and can contribute to some cancers such as throat and liver cancer. Alcohol also contributes significantly to deaths from car accidents, murders and suicides. Remember, never drink and drive.

3. Eat right and watch your portion intake. We definitely live in the land of plenty.

See **Health**, Page 9

Final Answer

What do you feel the most significant event of 2003 was?



**Master Sgt.
Stacey Quarles**
355th Component
Maintenance Squadron

"I made master sergeant, it took a lot of work. I didn't think I would reach that goal but I did."



**Army Spc.
George Mull**
355th Security
Forces Squadron

"Being activated and coming here to work with the Air Force because it dispelled a lot of preconceived ideas I had between the Air Force and the Army."



**Airman 1st Class
Tara Carver**
563rd Maintenance
Squadron

"For me the most significant events were buying my first new car and getting engaged."



**Airman 1st Class
Bobby Johnson**
355th Component
Maintenance Squadron

"I think the capture of Saddam Hussein was the most significant event of 2003."




**Staff Sgt.
Troy Hawkes**
355th Wing Public
Affairs

"Graduating Airman Leadership School was to me the most significant event of 2003 because I am now able to supervise other people."



**Airman
Dan Ensign**
563rd Maintenance
Squadron

"I think the most significant event of 2003 was the Florida Marlins whooping the New York Yankees."



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Health

Continued from Page 8

However, getting enough calories or eating too many calories does not necessarily mean eating the right foods. A poor diet is a contributing factor in many of the leading diseases we face today to include diabetes, heart disease and cancer. Avoid fad diets, limit saturated fats, sugar, sodium and eat an adequate amount of fiber, fruits and vegetables.

4. Lose weight if you're overweight. If you think this does not apply to military members, here's a surprise. Many active duty Air Force members are considered overweight or obese based on their basal metabolic indexes and Center for Disease Control standards. Carrying too much weight increases your risk for high blood pressure, high cholesterol, heart disease and a host of other problems. A high-fiber low fat diet and regular exercise can assist you with gradual weight loss and will help to keep the weight off.

5. Exercise. Would you believe 25 percent of U.S. adults do not engage in any kind of exercise at all? Inactivity is now considered as damaging to your health as smoking a half a pack of cigarettes a day. The gold standard is to try to exercise 30 to 60 minutes, four to

six times a week. Start slowly and do simple things like take the stairs instead of the escalator or elevators, park farther away instead of taking that first parking spot by the door and if possible walk to your destination instead of driving. Any amount of exercise is better than none. The bottom-line is just get moving.

6. Keep your immunizations up-to-date. Immunizations have long been considered a cornerstone of prevention.

7. Get your yearly physical health assessment when it's due. Don't put it off. Health screenings have replaced the yearly physical. Age appropriate exams and tests are performed instead of every person receiving the same ones. Discuss with your provider your risk factors and what tests and exams are necessary for you.

No one should know your current health status better than you. Gone are the days when health care was entirely your family physician's responsibility. Consumers are responsible for their health care and should welcome this responsibility. By taking an active role, you are more likely to extend and enjoy many healthy years ahead.

It's really up to you to be an informed consumer and take charge of your health. Don't let your body down. Take charge of your health in 2004 and all the years to come.

Chief's Group names Sharp Troop Awards

Congratulations to the following airman who were named the December Sharp Troop Award winners by the Chief's Group.



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12th Air Force

Staff Sgt. David Gibson

612th Air Communications Squadron

Airman 1st Class Sarah Madland
Airman 1st Class Karl Musick

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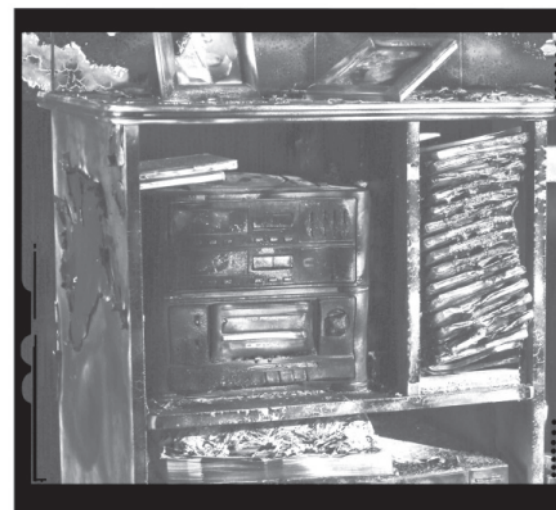
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Staff Sgt. Tammie Clark



Sonoran Spotlight

(Editor's note: Sonoran Spotlight is a weekly feature of the Desert Airman that profiles a member (officer, enlisted or civilian) of the Davis-Monthan Air Force Base Desert Lightning community. Members are nominated by their unit commander or first sergeant.)

Name: Staff Sgt. Nikole Tipton

Organization: 355th Mission Support Squadron

Duty title: NCO in charge of reenlistments and extensions

Hometown: Dayton, Ohio

Years of service: 8 years

Reason for joining the Air Force: I joined so that my parents did not have to support me or pay my way through college. I wanted to do it on my own.

Main responsibilities: I oversee all reenlistments and extensions here at D-M. I process initial enlistment bonuses, selective reenlistment bonuses and career status bonuses.

Best aspects of job: I love the challenges

that occur every day and knowing people depend on me to fix issues important to them for both their career and personal life.

Goals: My goal is to obtain my bachelors in human resource, business management and to be accepted into Officer Training School.

Hobbies/outside activities: I like to camp, hike, work-out, fish and I love to sing.

My best assignment: Davis-Monthan Air Force Base, because I love the people I work with and for.

Inspiration: Tech. Sgt. Michael Tipton, my husband. The first thing that drew me to him was what a great father he was to his then 4-year old daughter. She was his world, and he did whatever it took to keep her. Without his support, I wouldn't be the mother I am.

Senior airmen graduate Airman Leadership School Dec. 18

Graduates: **41st Electronic Combat Squadron:** Senior Airman David Chapin; **355th Aircraft Maintenance Squadron:** Senior Airman Edward Thomas Jr., Senior Airman Scott Chalmers, Senior Airman David Robinson, Senior Airman Robert Scal III, Senior Airman Heath Todd; **355th Civil Engineer Squadron:** Senior Airman Craig Nordman Jr., Senior Airman Keith Weaghtington, Senior Airman Daniel Gomez; **355th Communications Squadron:** Senior Airman Phillip Burnham, Senior Airman Rodney Jeterhicks, Senior Airman Jason Mitchell; **355th Component Maintenance Squadron:** Senior Airman Michelle Montierth, Senior Airman John Murchison; **355th Equipment Maintenance Squadron:** Senior Airman Derek Anderson, Senior Airman Scott Douglas, Senior Airman Gary Hood, Senior Airman Joseph Kenney, Senior Airman Devin Miller, Senior Airman Robert Posey; **355th Logistics Readiness Squadron:** Senior Airman Sofia Oropesa, Senior Airman John Tigner; **355th Maintenance Operations Squadron:** Senior Airman Eric Failing; **355th Medical Operations Squadron:** Senior Airman Sharlott Belgica; **355th Medical Support Squadron:** Senior Airman Nicholas Clisby; **355th Medical Support Squadron:** Senior

Airman Kasmir Walker; **355th Mission Support Squadron:** Senior Airman Trinidad Hinojos Jr.; **355th Operations Support Squadron:** Senior Airman Sueanne Alumbaugh; **355th Security Forces Squadron:** Senior Airman Devon George, Senior Airman Jesse Tellinghuisen, Senior Airman Kevin Waddle; **355th Services Squadron:** Senior Airman Chery Rush; **612th Air Base Squadron:** Senior Airman Olan Porter III, Senior Airman Natalya Turner, Senior Airman James West; **612th Air Communications Squadron:** Senior Airman Donald Jones Jr., Senior Airman Robert Russell; **613th Air Base Squadron:** Senior Airman Jason Meier; **755th Aircraft Maintenance Squadron:** Senior Airman Damion Bailey

Airmen Leadership Award winners: **John L. Levitow Award:**

Senior Airman Kasmir Walker, 355th MDSS; **Academic Achievement Award:** Senior Airman Sueanne Alumbaugh, 355th OSS; **Distinguished Graduate Award:** Senior Airman Sueanne Alumbaugh, 355th OSS; Senior Airman Heath Todd, 355th AMXS; and Senior Airman James West, 612th ABS; **Leadership Award:** Senior Airman Heath Todd, 355th AMXS

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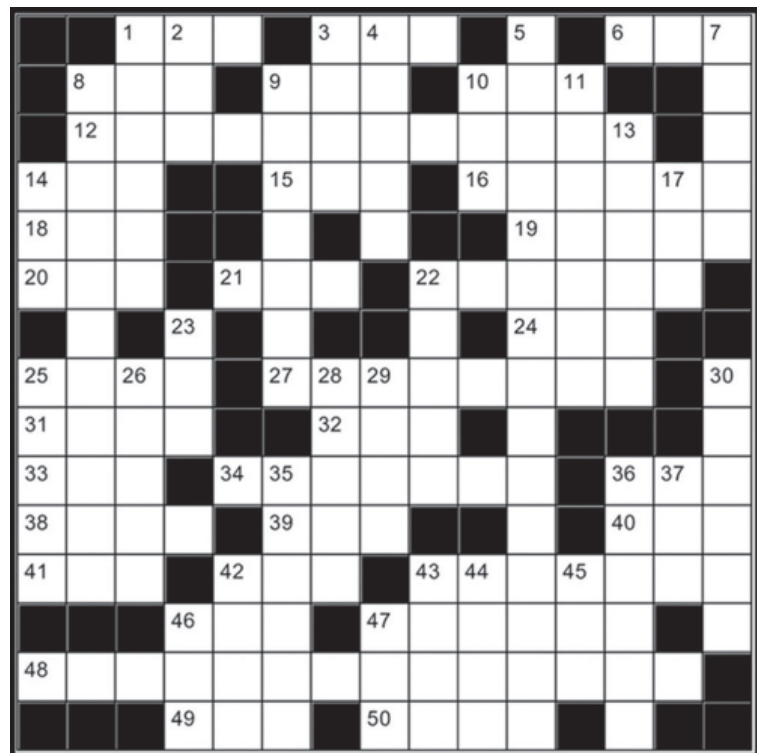
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By 1st Lt. Tony Wickman

Alaskan Command Public Affairs



Across

1. Accountant (abbrev.)
3. Air Force cops (abbrev.)
6. Canal
8. Negative
9. ___-doo; witchcraft
10. Explosive
12. Recent operation to remove Hussein regime
14. Mon.
15. Ticket
16. Tribute
18. 34th president informally
19. Lies
20. Military pay statement (abbrev.)
21. Bullfight cry
22. 1991 Operation Desert ____; Protect Saudi Arabia
24. Compass direction
25. Eras
27. Outsider
31. Greek god of love
32. Dribble
33. Fuel
34. Operation Rolling ____, U.S. bombing campaign in Vietnam
36. Acronym for finding lost boats, planes

38. Egyptian nature goddess
39. Abbreviation on a business sign
40. Army bed
41. Military identification number (abbrev.)
42. Dine
43. Stage paintings
46. Mistake
47. Animal without feet
48. D-Day operational deception plan for Patton
49. Acronym for a controlling naval ship
50. Type of cheese

Down

1. Aztec conqueror
2. School org.
3. Treaty governing US forces overseas
4. Operation Joint ____; Bosnia peacekeeping
5. Current operation for global war on terrorism
7. Mess hall items
8. 1973 Operation to support Israel during war with Arabs
9. 1948 Operation to sustain Berlin during blockade

10. Golf support
11. Hydrocarbon used to make dyes
13. Exotic car manufacturer
14. Car necessity
17. Diploma equiv.
22. Endure
23. Beginning of American naval ships
25. Type of Navy cruiser
26. Red dye
28. Rely on
29. Undersized
30. Someone who dies for a cause
35. Card game
36. Smells
37. Military commander's geographic control (abbrev.)
42. Actress Julia's brother
43. Raced
44. 'La ____ Nostra'; mafia
45. Arizona school (abbrev.)
46. Continuing on (abbrev.)
47. Juice drink

(Editor's note: submissions or suggestions for "The Lighter Side" can be sent to desert.airman@dm.af.mil.)




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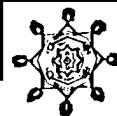
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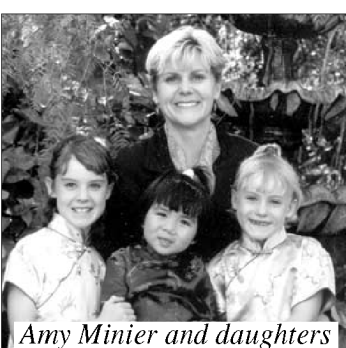
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New AFI 36-2903 supplement

A base supplement to Air Force Instruction 36-2903, which details dress and appearance standards that all Air Force members must adhere to, has recently been revised.

The supplement contains numerous updates to 36-2903 and addresses many dress and appearance issues that have been debated widely across base. Adherence to the guidance is mandatory for all military base personnel.

The supplement is located on the Davis-Monthan intranet at <https://intranet/pubs/Supplements/>.

Ready for inspection, sir!

Col. Larry Stutzriem, 355th Wing Commander, inspects the newly formed Elite Guard Monday, made up of both Army and Air Force security forces members. For more information on this new prestigious, best-of-the-best group, see Page 1.



Airman Christina Kinsey

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- u Shelters provide protection from blast and thermal effects. Take cover immediately. If outside, take cover in a ditch.
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- u Flush eyes and open wounds with water and protect from further contamination
- u Seek medical attention as soon as possible after any exposure or as soon as symptoms appear

Symptoms:

May be immediate or take up to four hours to appear; may cause stinging sensation upon contact; burns or blisters any tissue it contacts; red, watering eyes, blurred vision, or blindness; light sensitivity; groin and armpits are more susceptible to blister agents; coughing or burning in throat, vomiting

CHEMICAL-NERVE

Mild Symptoms:

Difficulty seeing; unexplained runny nose; tightness in chest; sudden drooling or headache; localized sweating and muscular twitching; stomach cramps; nausea

Severe Symptoms:

Muscle twitching and weakness; difficulty breathing; wheezing and coughing; pinpoint pupils; red eyes and tearing; strange, confused behavior; vomiting, urination, defecation; convulsions; respiratory failure; unconsciousness; death

Treatment:

- u Mask immediately
- u Remove external contamination with M291 or M258A1 Skin Decontamination kits
- u Administer antidote as directed
- u Evacuate to the medics



BIOLOGICAL

Protective Measures:

- u Maintain good health, good hygiene, proper sanitation and keep immunizations up to date.
- u Thoroughly wash fruit and vegetables before eating
- u Wear chemical protective equipment as required.

CONTAMINATION AVOIDANCE

Cover and Limit Entry:

The most effective way to avoid contamination is to prevent the asset from becoming contaminated in the first place. Develop low or no-cost standing operating procedures to put equipment that is not being used under overhead cover. If the equipment cannot be placed under overhead cover, wrap or cover it with at least one layer of barrier material to prevent contamination. Use water repellent plastic sheets, canvas, tarpaulins or specialized NBC protective covers.

Detection and Identification:

Early detection provides more time to implement protective measures. Accurate identification of agents enables selection of the most effective protective actions, including medical treatment and limits mission degradation that results from taking unnecessary actions. Nuclear, biological and chemical detection and identification includes the use of point and standoff detection methods, risk assessment and all available medical and non-medical intelligence assets (if available).



OREs are on the horizon

The first Operational Readiness Exercise for 2004 runs Jan 27 through 29. Once again, Davis-Monthan will showcase its ability to fight when called upon. All military and DoD civilians, players and non-players, must attend one of the following mandatory ORE briefings: Thursday: 9, 11 a.m.; 1, 3, 5 p.m. Jan. 23: 7, 9, 11 a.m.; 1, 3 p.m.



Fitness Center Classes

The following is a list of classes offered at both fitness centers. Class fee is listed if applicable.

Monday

11 to 11:45 a.m. – Water Aerobics – Medium Intensity – New Fitness Center
11 a.m. to noon - Pilates - \$2 - New FC
11 a.m. to noon – Step Aerobics – Haeffner
Noon to 1 p.m. - Spinning – Haeffner
5 to 6 p.m. – Step Aerobics – Haeffner
5 to 5:50 p.m. – Dang Soo Do (8-14 yr olds, white and yellow belts) – New FC
6 to 6:50 p.m. - Dang Soo Do (8-14 yr olds, orange belts and up) - New FC
7 to 8 p.m. – Dang Soo Do (15 years plus) – New FC

Tuesday

9:15 to 10 a.m. - Water Aerobics – High -- New FC
10 to 11 a.m. – Senior/Low Impact Aerobics – \$2 - New FC
11 a.m. to noon - Pilates - \$2 - New FC
11 a.m. to noon - Step Aerobics - \$2 - Haeffner
Noon to 1 p.m. – Circuit Training – Haeffner
5 to 6 p.m. - Spinning (Intense) -- \$2 -- New FC
5 to 6 p.m. - Step Aerobics -- \$2 -- Haeffner
6 to 7 p.m. - Pilates -- \$2 -- Haeffner
6 to 8 p.m. - Self Defense (Kyokushin) -- \$25/month - New FC

Wednesday

11 to 11:45 a.m. – Water Aerobics – Medium – New FC
11 a.m. to noon - Pilates - \$2 - New FC
11 a.m. to noon – Step Aerobics – Haeffner
5 to 6 p.m. – Step Aerobics – Haeffner
5 to 5:50 p.m. – Dang Soo Do (8-14 yr olds, orange belts and up) – New FC
6 to 6:50 p.m. – Dang Soo Do (8-14 yr olds, white and yellow belts) New FC
6:15 to 7 p.m. - Water Aerobics - High Intensity - New FC
7 to 8 p.m. – Dang Soo Do (Adults) – New FC

Thursday

9:15 to 10 a.m. - Water Aerobics – High Intensity – New FC
10 to 11 a.m. – Senior/Low Impact Aerobics – \$2 - New FC
11 a.m. to noon - Step Aerobics - \$2 - Haeffner
Noon to 1 p.m. – Circuit Training – Haeffner
5 to 6 p.m. - Pilates - \$2 - New FC
5 to 6 p.m. - Step Aerobics - \$2 - Haeffner
5 to 6 p.m. - Spinning (Inense) - Haeffner
6 to 7 p.m. - Pilates - \$2 - Haeffner
6 to 8 p.m. - Kyokushin – \$25/month - New FC

Friday

11 to 11:45 a.m. – Water Aerobics – Medium Intensity -- New FC
11 a.m. to noon – Pilates - \$2 - New FC
11 a.m. to noon – Step Aerobics – Haeffner
Noon to 1 p.m. – Spinning – Haeffner
5 to 5:50 p.m. – Dang Soo Do (8 to 14 yrs, white and yellow belt) – New FC
6 to 6:50 p.m. – Dang Soo Do (8 to 14 yrs, orange belts and up) New FC
7 to 8 p.m. – Dang Soo Do (Adults) – New FC

Saturday

10 to 11 a.m. - Step Aerobics - \$2 - New FC
11 a.m. to noon - Water (Medium intensity) - New FC

Sunday

10 to 11 a.m. - Step Aerobics - \$2 - New FC
11 a.m. to noon - Water (Medium intensity) - New FC

Sports Shorts

Baseball Registration

Hey batter, batter, swing! That’s right. It’s almost time for baseball season. So, if you are interested in playing baseball, here are the upcoming registration dates and locations for this year’s season:

Youth center: Jan. 31 from 10 to noon; Feb. 2 from 6 to 8 p.m.; Feb. 14 from 10 a.m. to 1 p.m.; Feb. 18 from 6 to 8 p.m.

Ball field behind the shoppette: Feb. 28 from 9 to 11 a.m.

Cost is \$30 for Rookie League which is ages 5 to 8 years. For ages 9 to 15 years, cost is \$50 for youth center members and \$55 for non-youth center members. For more information, call Armando Bracamonte at the youth center at 228-8365 or 228-8844.

Baseball clinic

The youth center will host a baseball clinic Feb. 23 to 25 from 6 to 8 p.m. for ages 9 to 12 years at the baseball fields behind the shoppette. Skills to be worked on include warm-up exercises, stretching, base running, speed and agility drills, throwing and fielding drills, hitting drills and batting. For more information, or to sign up no later than Feb. 20, call Armando Bracamonte at the youth center at 228-8365 or 228-8844.

Paintball range

The Davis-Monthan Air Force Base Paintball Range is now open from 8 a.m. to 3 p.m. Saturdays and Sundays. The price is \$20 for a full package which includes a marker, mask, 200 rounds of paint, 12 ounces of CO2 and field fee. The Paintball Range is located off of Yuma Road.

In addition, a paintball league is set to start in February. For any additional information about the Paintball Range or the league, call the range during operating hours at 228-8353 or outdoor recreation at 228-3736.

Archery and Skeet & Trap ranges

Davis-Monthan Air Force Base has an Archery Range and a Skeet & Trap Range available to active duty, dependents, DoD civilians and retirees. The Archery Range is

co-located with the Paintball Range off of Yuma Road, and is available during outdoor recreation business hours. Anyone wishing to use the Archery Range may check out the key Mondays, Tuesdays, Thursdays and Fridays from 8 a.m. to 4 p.m. or Wednesdays from 10 a.m. to 4 p.m.

The Skeet Range is open Saturdays and Sundays from 8 a.m. to noon. Cost is \$3 to \$4 per round which is 25 Clay Pigeons. The Skeet Range is located at the end of Yuma Road at the firing range. For more information for either activity, call 228-3736.

Best of the West Basketball Tourney

Come out and root on your favorite teams as the Davis-Monthan Fitness & Sports Center hosts the 18th Annual Davis-Monthan Air Force Base Best of the West Basketball Tourney today through Monday. Teams that will play in the three-day tournament include 5-Star, Non-Fiction, D & D Basketball, Swoosh Tucson, Flight and more. For more information on the Best of the West Basketball Tourney, call 228-0021 or 228-0022.

Fitness center classes

Active-duty members enrolled in the Fitness Improvement Program have priority in free aerobics classes (per AFI 34-266, para 3.4). Videos are available for check-out at the new fitness center for use in the aerobics room. For more information, call 228-0021 or 228-0022.

Sweetheart Couples Tournament

The Blanchard Golf Course will host a Couples Sweetheart Tournament Feb. 13 and 14. This will be a nine hole couples tournament open to beginners or experienced golfers. Format will be two-person scramble, two flights, gross and net. Entry fee of \$40 includes cart, green fees for two and a meal for each couple after the tournament. Prizes will be awarded. Sign up no later than Feb. 11. For those who have never golfed and would like to learn, group lessons will be available Feb. 13 at noon for \$10 per person. Sign up at the Blanchard Golf Course Pro Shop. For more information, call 228-3734.

See *Sports Shorts*, Page 16

Super Bowl Party

Attend a party for Super Bowl XXXVIII at the Desert Oasis Enlisted Club Feb. 1. Doors open at 3 p.m. There will be food and drink specials and hundreds of dollars in prizes and giveaways including a 2003 Kia Rio, new living room set and more. Members and one guest are free, non-members are \$10. For more information, call 228-3100.

Congratulations to the winners of the December 3K Jingle Bell Run:

Men: Master Sgt. Shane Castle, 25th Operational Weather Squadron, 8:55
Capt. Raymond Mcleod, 25th OWS, 9:50
Mike Smith, 10:00
1st Lt. Randy Croft, 355th Wing, 10:04
Women: 2nd Lt. Christina Perez, 355th Communications Squadron, 11:30
2nd Lt. Heather Wayland, 355th Logistics Readiness Squadron, 13:32
Senior Airman Rachael Nutter, 355th CS, 14:27
Romana Chambers, 14:44

Sports Shorts

Continued from Page 15

Valentine coupon

Customers making any merchandise purchase at the Blanchard Golf Course Feb. 14 will draw an envelope containing a coupon good for 5 to 50 percent off of their purchase. Coupons valid Feb. 14 only. For more information, call 228-3734.

Swim for life

The Fitness and Sports Center's Swim For Life program is a program designed to encourage a healthy lifestyle as well as introduce the indoor pool during the

workout week. The program runs January through March and covers a total of 24 miles for beginners. Stop by the pool office to reserve your spot. For any additional information, call the fitness and sports center at 228-0021.

Preteen bowling

Free teen bowling from 6 to 8 p.m. Teens will bowl three games and results will be sent to Air Combat Command to determine the ACC winner. Meet at the D-M bowling center or be at the youth center at 5:45 p.m. for a ride. Call or stop by the youth center to sign up.

Scoreboard

Bowling Stats

Tuesday Early Risers

Team	W-L
Sunflower Gals	81-47
We'd Rather B Sleeping	78-50
Ping Kel	72-56
The Young'ens	72-56
Monarchs	56-72
Wee Bee Bad	55-73
3 A P O	52-76
Hit & Miss	44-84

Intramural - Natl

Team	W-L
AMARC Woodmill	98-38
SVS #1	90-46
EMS/AMMO #1	82-54
LRS	82-54
Lockheed	81-55
CPTS #1	77-59
AMARC	74-62
CMS	73-63
MDG	73-63
Comm #1	66-70
CONS	64-72
CPTS #2	64-72
Comm #2	64-72
EMS #2	59-77
SVS #2	56-80

12 AF #1	48-88
25 OWS #1	40-96
25 OWS #2	33-103

OWC

Team	W-L
Almost There	73-39
Strike Outs	68-44
Donna's Darlins	62-50
Cool Cats	60-52
Three Bees	60-52
Lucky Ladies	53-59
Rolling Pins	52-60

CE Mixed Trio

Team	W-L
Got Beer	39-17
The Cans	36-20
Pin Action	34-22
Brew Crew	32-24
Cruisers	29-27
Good Bad & Ugly	28-5-
27.5	
Ernie's Rebels	26-30
Jut 4 Fun	26-30
BJ's Buns	25-5-
30.5	
Ray's Raiders	25-31
Dirt Boyz	21-35
Leave The Bangs	14-42

Thursday Night

Team	W-L
Four Seas	74-46
Mission Impossible	72-48
O Spare Us	72-48
Man On	70-50
Fran's Friends	62-42
Six Shooters	66-54
Mickey's Mavericks	66-54
PCs	66-54
Shaka II	62-58
FUBAR	60-60
May Bees	58-62
PBJs	55-65
Fama Orrs	54-66
3 Jays and Me	52-68
Lane Brains	45-75

Pee Wees

Team	W-L
Pee Wee Boys	54-24
Pee Wee Girls	24-54

Phantom Mixed

Team	W-L
Gutter Busters	64-40
Just 4 Fun	62-42
So So's	54-50
The Oddballs	46-58

Alley Oops	46-58
The Cajuns	40-64

Bantams/Preps

Team	W-L
The Kool Kats	66-38
The ABCs	60-44
The Pin Knockers	52-50

Youth

Team	W-L
The Who's	74-30
Hit Em Up 2.0	71-33
E-Z Rollers	71-33
The 4 Angels	61-43
Strike Force	56-48
Alley Kats	53-51
Why R We Here	50-54
The Nitwitz	48-56
3 Guys & A Gal	46-58
Headpin Strikers	40-64
The Strikers	32-72
Vacant Team	22-82

Disney

Team	W-L
Team 10	42-38
Team 1	42-38
Team 2	40-40
Team 5	37-43
Team 4	35-45
Team 6	32-48
Team 3	30-50
Team 9	24-56



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1) Teach your child the steps of the desired behavior.

It is unreasonable to expect your child to do something if you haven't taught it to him or her.

2) Have your child describe the behavior back to you.

This will tell you whether or not your child understands your expectations.

3) Ask your child to demonstrate the behavior to you.

If your child can demonstrate the behavior reasonably well, then you know that it is within the child's abilities.

4) Model the behavior yourself.

Children are always watching you and trying to imitate your behavior.

Use these steps to reduce behaviors like whining and nagging or to improve behaviors like table manners and sharing toys.

For more tips on parenting, visit www.parenting.org or call the Girls and Boys Town National Hotline, 1-800-448-3000.

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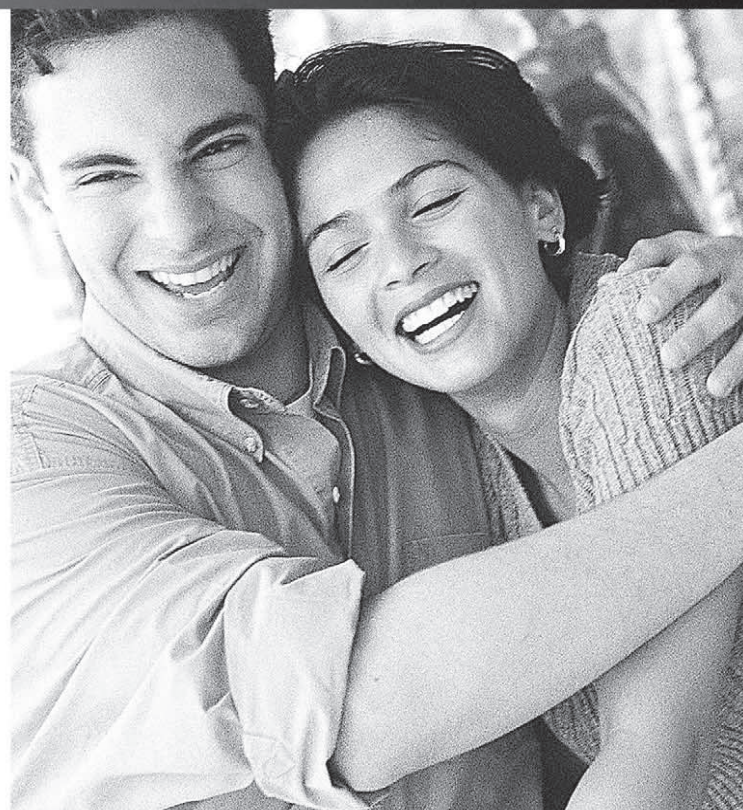
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Chapel Information

Services and activities offered by the D-M chapel are listed below. Location is at the Desert Dove Chapel unless otherwise noted. The Desert Dove and Hope Chapels share the parking lot at 5385 E. Ironwood. For more information on Jewish or Muslim services; Sunday School programs; Vacation Bible School; Bible studies; youth groups; and women's, men's and family ministry, call 228-5411.

Catholic Mass schedule

Saturday: Mass is at 5 p.m. Sacrament of Reconciliation is at 4:30 p.m.

Sunday: Mass is at 7:30 and 10 a.m. Sacrament of Reconciliation is at 9:15 a.m.

Daily: Mass is at 11:30 a.m. at Hope Chapel. Rosary begins at 11:10 a.m.

Protestant Services schedule

Sunday: At Hope Chapel, Contemporary Service is at 8:30 a.m. and Gospel Service is at 11:15 a.m. Traditional Service is at 11:15 a.m.

Education Services

Commissioning briefing

The next commissioning briefing will be Thursday at 2 p.m. in Building 3200, Room 243. Points of contact are Michelle Marinelli at 228-4249 and Rafael Maldonado at 228-3484.

Online practice tests

Practice tests for the College Level Examination Program, ACT, Air Force Officer Qualifying Test, Armed Services Vocational Aptitude Battery, General Educational Development, Graduate Management Admission Test, Graduate Records Examination, SAT and Test of English as a Foreign Language are available online at www.petersons.com/airforce/testprep.html. These tests have been purchased by the Air Force and no cost is involved for an Air Force military member. To access these tests, enter the activation key code which is the federal library number of the base library. The code is available by calling 1-800-338-3282 extension 2816.

FAFSA forms available

The Free Application for Federal Student Aid for 2004 to 2005 is on line at www.fafsa.ed.gov. For more information on FAFSA on the web, call 1-800-801-0576.

Dates for the SAT

The next SAT test will be offered Jan. 23 at 8 a.m. in Building 3200, Room 265. There must be a minimum of five personnel testing or the exam will be cancelled. Points of contact are Michelle Marinelli at 228-4249 and Rafael Maldonado at 228-3484.

Tuition Assistance

Tuition Assistance is a benefit that can be denied under specific circumstances as outline by AFI 36-2306. Some things to remember for possible denial are: applying for TA past the add/drop date of the college; not providing the

TA voucher to the college before registration ends; non-completion, withdrawals or unsatisfactory grades due to reasons within the applicants control; any abuse or fraud of TA funds; Unsatisfactory academic progress in the previous semester. Any questions on this matter should be directed to Phil King by calling 228-3812.

Family Support Center

Time For Tots

The next Time For Tots programs will be Tuesday and Jan. 27 from 9:30 to 10:30 a.m. at the Desert Dove Chapel. Come and meet other parents while the children enjoy fun and activities. For more information, call 228-5690.

Veteran's affairs brief

A veteran's affairs representative will provide group appointments concerning veterans and disability benefits Jan. 26 at 10 a.m. and noon in Building 3200, Room 266. To sign up, call 228-5690.

Right Start Base Orientation

Right Start Base Orientation is designed to welcome all newcomers to Davis-Monthan and the Tucson area. Leadership and base agencies discuss a variety of programs and services available. The next orientation is Jan. 27 from 8 a.m. to 4 p.m. at The Mirage Officers' Club. Medical Right Start is from 12:40 to 4 p.m. Free childcare will be available. For more information, call 228-5690.

Base Personal Financial Seminar

This seminar will be Jan. 28 to 30 from 6 to 7:30 p.m. and is aimed at singles and married couples who want to start the road towards financial success. Classes will have a fun environment and will provide information on budgeting, credit management and investment principles. Door prizes and give-aways provided. To sign up, call 228-5690.

Happenings

Financial freedom in 2004

Attend a three evening financial seminar Jan. 28 through 30 from 6 to 7:30 p.m. at the Desert Dove Chapel to learn about how to have a happy financial new year. There will be door prizes, give-aways and a great deal of information. Spouses are welcome. For required reservations, call 228-5690.

Scholarships

The Officers' Spouses Club and Enlisted Spouses Association scholarship applications are currently available. Applications are for graduating high school students, continuing education and spouses who are a dependent of active duty, retired, National Guard, Reserves or deceased member of any branch of the Armed Forces. Applications are at The Mirage

Officers' Club, Desert Oasis Enlisted Club, base education office, family support center and community center. High school seniors may also pick up an application from their high school guidance counselor. For more information, call Deanna Phillips at 514-0532 or send an e-mail to dmoscscholarship@yahoo.com.

Thrift shop

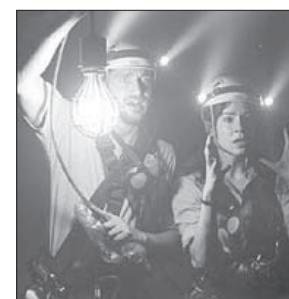
The Davis-Monthan Thrift Shop is open Tuesdays and Wednesdays from 9 a.m. to 2 p.m. Consignments close at 1 p.m. The thrift shop is located on Ironwood, across from the bowling alley.

Movies

Movies begin at 7 p.m. unless otherwise noted. Admission is \$3 for adults and \$1.50 for children under 12 and senior citizens. Admission is for DoD ID card holders and their guests only. For the theater movie recording, call 228-5694.

Friday: Timeline (PG-13)

When the leader of a team of student archaeologists disappears at a medieval dig site, the students find themselves in 14th century feudal France on a perilous journey beyond



their wildest dreams. Now, to find their missing professor and avoid a potentially catastrophic event, they won't be excavating the past, they'll be living it.

1 hour, 56 minutes

Saturday: Gothika (R)

A criminal psychologist, played by Halle Berry, awakens to find herself a patient in the very same mental institution in which she works with no memory of the murder she's accused of committing. As she tries to prove her innocence, a vengeful spirit uses her as an earthly pawn, which only further convinces all involved of both her guilt and her increasingly steady descent into madness. 1 hour, 35 minutes



Sunday: Tupac: Resurrection (R)

A documentary about the pivotal hip-hop artist Tupac Shakur that is narrated entirely in the words of the deceased artist himself. Through a variety of interviews, journal readings, poetry performances, private home movies and never-before-seen concert footage, the film serves as a self-portrait of a cultural icon whose career and persona continue to grow from beyond the grave. 1 hour, 55 minutes



The Mirage in January 2004

Sunday
Champagne Sunday Brunch! \$15.95 (mbrs receive \$2 discount) 10am-1:30pm
All of your favorite breakfast & lunch dishes!
Kids 6-12, \$8.95 (mbrs \$1 discount)
Kids 5 & under, Mbrs eat FREE (\$2 for non-mbrs)

Monday
Monday Lunch
Chef's Choice! \$7.85

Tuesday
Tuesday Lunch
Country Buffet \$7.85

Wednesday
Wednesday Lunch
BBQ Buffet \$7.85

Thursday
Thursday Lunch
Carved Buffet & Pasta Station \$7.85

Friday
Friday Lunch
Cattfish Buffet & Meatloaf \$7.85

Saturday
Call Sherry at 228-3301 or 748-0660 to book your special functions! (Bookings by appt. only.)

Members receive up to a \$2 discount per person for lunch or dinner.
"It Pays to be a Member!"

ACC DOLLAR DAYS
13 MEMBERS LUNCH! 1100-1300
Sorry, no SUS Bucks will be accepted.

19 CLUB CLOSED
Martin Luther King, Jr. Day Holiday

21 Mongolian BBQ
1730-2000 \$12.95 (Mbrs, \$2 discount)

2-4-1 Steak/Chicken Fish (or combo)
\$16.95 (mbrs receive \$2 discount) 1730-2000

16 "The Cosmic Touch" Band
The original "Dusty Funk" show band! 2000-0000 in the Catalina Ballroom

Party in the Poly Bar!
1700-2000
Bar opens 1600
"Food, fun & friends begins at 1700
DJ Dave will be pumping out the tunes till you drop!
Enjoy dominoes, cards, crud and more!

IMPORTANT NOTICE
"TAKE OUTS ARE BACK!"
Pay the cashier for your to-go meal (\$8.10). mbrs receive \$2 discount, & you are welcome to use a Services Buck.

IMPORTANT NOTICE

HOURS OF OPERATION
Lunch: M-F 1100-1300
Dinner: Th & Fri 1730-2000
Sunday Brunch: 1000-1300
Caterer: Tu-F 0800-1700
Barber Shop: M-F 0800-1700
Bar: W-Th 1600-2000, Fri 1600-0100
Admin Offices: M-F 0800-1600
Cashier's Cage: M-Tu: 0900-1400, W-F: 0900-1600

PHONE #'s
Juan Conde Club Manager 228-3301, x11
Sherry Jones Caterer 228-3301, x12
Robert Johnson Chef 228-3301, x16
MAIN OFFICE 748-0660 or 228-3301
BARBER SHOP 748-8968

For current information on Services activities, check out our WEB PAGE at www.dmservicesonline.com

Services Activities

Adult Comedy Show

The Desert Oasis Enlisted Club will host an adult Comedy Show today at 8 p.m. with Disc Jockey "Insane Payne" playing after the show until 1 a.m. The cost of tickets for members is \$10 in advance or \$15 at the door. For non-members, cost is \$15 in advance or \$20 at the door. There are no guest restrictions. For more information, call 228-3100.

Colossal Cookie Challenge

If you are baking cookies this holiday season, make sure to keep your favorite recipes for the Colossal Cookie Challenge Jan. 29 at the community center. Contestants will participate in a cookie bake-off in one of five categories. Winners will be submitted to Air Combat Command for a chance to compete and then to the Air Force level for competition at their level. For more information, call the community center at 228-3717.

Get With The Program

The Family Child Care Center wants you to "Get With The Program" and become a child care professional. You'll get to operate your own home-based business with minimal cost to you. You can set your own hours, be with your own children and care for other children at home with a flexible schedule. The Air Force FCC Program ensures you receive all necessary training, free of charge. Don't wait for your chance to earn extra cash. For more information, call 228-2201.

Youth of the Year applications

Every year, a youth is selected to be the Davis-Monthan Air Force Base Youth of the Year. This is the Boys & Girls Club of America's premier youth recognition program that promotes and celebrates teen's service to club, community and family; academic performance; moral character; life goals; and poise and public speaking ability. Winner of local competition receives an all expense paid trip to the state competition in Phoenix in March. The selectee has an opportunity for scholarships and an opportunity to go on to the regional and national competitions. Applications may be picked up at the youth center, Building 6000. Completed applications must be returned by Feb. 10. Interviews will be conducted Feb. 11 to 13. For more information, call 228-8844.

Desert Oasis in January 2004

SUNDAY
Cashier Hours: T-F: 11am-5pm
Office Hours: T-F: 9am-4:30pm
TOP 3 Lounge: Fri: Opens 3pm

MONDAY
Shock Wave Lounge: Mon: Closed
Tues & Thurs: 4-8pm
Wed: 4-11pm
Fri: 3-11pm
Sat: Closed
Sun: Closed

TUESDAY
Cabanas 747-3234
Mon: 10:30am-8pm
Tues-Thurs: 10:30am-9pm
Fri: 10:30am-10pm
Sat: 1-10pm
Sun: 1500-2000

WEDNESDAY
"Happy New Year from the Management & Staff of your Desert Oasis!"
NOTICE: CLUB CLOSED: 1-5 JANUARY
CABANAS CLOSED: 1-2 JANUARY

THURSDAY
Eat at The Mirage
Lunch Served: Mon-Fri 11am-1pm
Dinner Served: Wed & Thurs 5:30-8pm

FRIDAY
Shock Wave Lounge
Social Hour Food 5-6pm
"Join us for dominoes & card games!"
9 "Hip-Hop, Jazz & Blues" w/DJ "Billy T" 6-11pm
16 Adult Comedy Show! Mbrs \$10 in advance, \$15 at the door. Non-Mbrs \$15 in advance, \$20 at the door. (DJ "Insane Payne" plays til 1pm after show)

SATURDAY
Barber Shop: Mon-Fri: 8am-5pm
Sat: 8am-1pm
748-8710
Cabanas Open 1-10pm

Start planning now to attend the BIG SUPERBOWL XXXVIII PARTY FEB 1ST!
There will be fantastic food, drink specials & hundreds of dollars in prizes & giveaways! And we will be drawing the winning tickets for the Royal Kia & furniture! Mbr & spouse or 1 guest free for this event. Non-mbrs \$10

CLUB CLOSED SUNDAYS
Don't Forget "All Ranks Sunday Brunch" at The Mirage 10:30am-1:30pm
Sundays Enjoy "Family Night" at Cabanas! Buy a 12" one-item pizza w/soda at regular price of \$8.25, & get a second one for 1/2 price!
Cabanas Open 1500-2000

13 ACC DOLLAR DAYS MEMBERS LUNCH! 1100-1300

Cabanas Lunch Special 1030-1300
Southern Fried Steak Sandwich w/Fries & Soft Drink \$4.95

Shock Wave Lounge 4-8pm
Karaoke 8-11pm & M.U.G. Nite!! 7-11pm
Bring your own mug for \$1 refills!
Your choice of Domestic Draft, Soda or Juice (32oz limit)

Shock Wave Lounge 4-8pm
FREE tacos 5-6pm

Specials for our under 21 members!
DM Members under 21 get all non-alcoholic beverages 1/2 price! Maintain your DM "Z" membership & get credit toward your 21st birthday party at the club! CLUB CREDIT AMOUNTS: 3 months = \$75 6 months = \$150 1 year or longer = \$300

23 "Variety Music" w/ "The Wrecking Crew" 6-11pm

30 "Hip-Hop, Jazz & Blues" w/DJ "Insane Payne" 6-11pm

"IT PAYS TO BE A CLUB MEMBER!"
Call Brenda at 228-3100 to book your special functions! (Booking by appointment only)

For current information on Services activities, check out our WEBPAGE at www.dmservicesonline.com

Current trips offered by the Davis-Monthan Air Force Base outdoor recreation program

Joes Canyon Hike, a seven mile round trip hike, is Jan. 24. Please dress in layers as it may be cold at the beginning. Cost is \$15. Everyone is responsible for their own food and drinks.

A trip to Rocks and Ropes Jan. 31 includes a lesson before everyone will be able to climb as desired. Cost is \$18 and includes transportation, gear rental, first lesson and gym fees.

At Colossal Cave Feb. 7 there will be a one and a half hour tour of the closed off and infrequently used passageways of the cave. There will be climbing, crawling and catwalk walking. Cost is \$45 and includes transportation, fees, tour and food. Bring plenty of water.

For more information about this or any other future outdoor recreation event, call 228-3700.

Desert Airman Classifieds

Misc. for Sale

Must sell 2 T-Mobile cell phones. \$75 each with chargers. Sony T-300 color and camera. Call 747-2414 or write jones_team@yahoo.com.

Must Sell Quickly! Fence for backyard \$65 OBO, Vertical Blinds for patio \$20 OBO. Located on base, please call 750-0574 or email csn676@hotmail.com.

Graco SnugRide Infant Carseat with 5-level Stay-in-Car Adjustable Base & Infant Head Support, \$25 (Paid \$100) 885-6100.

Ancient Chinese Coins from 450-1250AD. Beautifully Detailed Coins! Excellent Condition! \$30 for collection of 10! (will sell individually) 885-6100.

Boat For Sale 1991 17.5 foot Hydra Sport with 135 Mercury outboard motor and trailer. Asking \$7200.00 Call 514-5384.

Misc. for Sale

Cradle style bassinet barely used \$35. Cradle bedding \$8. Alfred Angelo wedding gown with veil, paid \$750, will sell for \$200. Formal/prom dresses ranging from 6-9, \$25-40. Call Heather at 514-5848.

Graco double stroller, gently used \$50. Costco stroller w/ attachable infant car seat, \$30. Graco infant swing \$8. Please call after 12 noon. 790-0258.

Baby Girl's clothes, box of beautiful outfits, sizes 0-18 mos. Excellent Condition. \$50. Fisher Price Infant Gym, hardly used \$15. Please call after noon 790-0258.

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Furn. & Appliances

For Sale. Rectangular coffee table, like new, \$75. Also sofa with hide-a-bed, \$75. 290-3460.

New real nice king mattress set, double pillow top white \$300. Nice quilted, queen set \$150. Full set \$135. Twin \$85. Amana dry super large capacity modern like new \$150. 573-6950. 1/16 1T/P

Brand new solid oak bunk bed full on bottom, twin on top, + plush mattress must sell does not fit room, paid \$800. Sacrifice at \$600. 245-8678.

Furn. & Appliances

Super comfy sofa and chair: three years old (in storage for over a year) great condition and stylish! Call Kim 571-2045 \$500 OBO.

Heavy duty washer and dryer 6 months old \$400 OBO, Green sectional dual reclining sofa \$200 OBO can deliver, Sleeveless Satin wedding gown \$100 OBO, 661-5601.

4-Piece Green Modern Couch Set, Large Couch, Loveseat, Oversized Chair and Ottoman, \$600. Contact Matt at (361)549-1908 (Cell Phone in Tucson) or email butterworthAZ@comcast.net for pictures.



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Desert Airman Classifieds

Furn. & Appliances

Oak California King Waterbed Bedroom Set, Cal. King Bed, Under-Bed Drawer Unit, Headboard, 2 Night-stands, Dresser, Mirror, Mattress, Heater, Message Unit and all Bedding. \$800. Contact Matt at (361) 549-1908 (Cell Phone in Tucson) or e-mail butterworthAZ@comcast.net for pictures.

TV Entertainment Wardrobe - \$150. Contact Matt at (361) 549-1908 (Cell Phone in Tucson) or e-mail butterworthAZ@comcast.net for pictures.

Brass Queen-Sized Bed (headboard, footboard and rails) \$80; 9-drawer Dresser, \$40; Rectangular Wrought Iron Table with glass top and 4 chairs, Great for a Patio, \$75; 2 matching mirrors, \$15. Call 299-2207.

Bunk bed w/o mattresses (white), \$35. 2'x2' kid's desk, \$15. Kid's study desk, \$20. excel cond; OBO. Call (520) 751-0042.

Furn. & Appliances

5 piece reclining sectional plus matching recliner, slate blue velour, used but some life left, \$400, Sears 22 cubic foot chest freezer, old but cold, \$100, Call 393-8182.

Baby's Bed and mattress, \$150 OBO. This is a \$250 bed and is 1 year old. Phone (520) 514-9720 (leave message if not at home)

Employment Opps.

Sales Representative to call on Beauty Salons and Spas for Vogue beauty Supply, a Tucson-based wholesale distributor. Several territories open (Tucson, Southern Arizona). Salary plus commission. Training provided. Sales experience and/or beauty industry experience a plus. Fax resume to 293-9466. Call Linda at 293-6200 for an interview. 12/5 4T/P.

Retired officer looking for driver. Call 299-3939.

Employment Opps.

The Protestant Chapel Program is accepting bids for the position of Religious Education/Parish Coordinator. Please stop by the chapel office to pick up an application package. Or call 228-5411 for more information.

The Protestant Chapel Program is accepting bids for two Assistant PWOC Children's Ministries Directors. Please stop by the chapel office to pick up an application package. Or call 228-5411 for more information.

Employment Opps.

Apartment Locators, Tucson's oldest and largest residential rental service, is looking to hire property consultants. RE license a plus but will assist the right individuals in obtaining a license. Bilingual (spanish/english) a plus. Company furnished leads. Aggressive commission structure. Full-time flexible scheduling. Potential annual income - \$30,000 - \$50,000 in commissions. Call Gary at 323-2200 for information. 1/16 1T/P

VOLUNTEERS NEEDED

"Make A Friend, Make A Difference"

One-on-One Partners, a mentoring program for at-risk youth, ages 6-17 is in need of Uncle Sam's best men & women to become a mentor.

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Desert Airman Classifieds

Roommate Wanted

Roommate needed to share 3 bedroom home. \$375 month. Utilities included. Hot tub, fenced backyard. Bryan 906-0480.

Homes for Sale

For Sale By Owner 4 bedroom home, Nice neighborhood, pool, 5 minutes from main gate just West of Wilmot 6201 east 33rd Street \$135,00.00 Negotiable Call (520) 266-1213. TFN

Looking for a Great House to Buy Close to the Base? We have it - 4 bed, 2 bath, New Carpet, paint, roof & cooler First Street before Wilmot Entrance 6894 E. Nicaragua \$124,500- Make an offer Call Tania to see house 954-5174. 1/16 1T/P

Condominium, 2 bedroom, enclosed terrace, full kitchen with dining space. Furnished living room, bedrooms and dining room, enclosed entrance with two doors. Bathroom with tub and shower. Excellent for snow birds. Asking \$27,000. Call 520-906-4491.

\$14,999 SW mobile home, 2 bed, 2 bath, Fam Park in Sahuarita, all appliances, easy commute to DM, Call 745-4529.

Motorcycles

2001 Suzuki GSXR 750, blue and white, fully stock, 2,800 miles, \$6,000. Call Scott evenings and weekends. 229-8637.

Child Care

Are you looking for a new child care provider? I am DES certified with CPR and first aid certified. Safe and loving environment. Call Virginia at 886-3704. 1/16 1T/P

Homes for Rent

3 bedroom 2 bath 1600 sq ft large yard fenced covered parking close to schools and DM \$850/mo. Call Dale 544-9305. 1/16 1T/P

1500i house, 3 bedroom/2bath. New carpet and tile floors. Close to base. W/D, air conditioning, etc. Great value at \$895/mo. Call Jim at 390-7326.

Northeast side (Catalina Hwy. & Houghton) Tanque Verde District 4 bedroom, 2 1/2 bath, 2100 sq ft 2 car garage with workshop & storage, enclosed backyard with swimming pool on 1 acre land. Available Now \$1400/mo. Pets Negotiable Contact Rincon Realty at (520) 721-7711 or 1-800-527-2208. 1/16 1T/P

Reward

\$1000 Female cat. Like wht cat with gray/black coat. Black marks on face. blk ears. blk strp on frnt legs. Don't call her/ asking just to spot her and call 24/7 419-3355

Pets

House sitting pet sitting, While you are away, feel at ease and enjoy your self, no worries because i will be taking care of your home, pets, plants, very reasonable Sandy 358-8404

European Black Hamster \$5 (paid \$20) 4 months old Very Tame and Sweet! 885-6100.

Recreational Vehicles

1995 Alpenlite 5th Wheel. All options plus ice maker refrig. two slides, 34 ft, R.Kit. New \$40.8 K now \$23,000 Excel. condit. new tires, new awning fabric Non Smkr. 744-2936.

Cars & Trucks

1990 Oldsmobile Royale. V6- 3.8 Liter. Runs great, Very reliable. Only 85,000 Orig miles. \$1200 OBO Cell# 520-820-2255

92 Mitsubishi 3000GT SL. Pearl white, 140K miles. 5 spd. Looks and runs great. PWR everything, CD player, Infinity Speakers. Kelly Blue book lists it at \$5400, asking \$4,750. Matt 275-6231.

1972 Pontiac Catalina. \$1,200 OBO. New tires, runs good. Needs interior and exterior work. Contact Mike at 520-248-1134.

Cars & Trucks

2003 Silver Derbi Scooter for sale, 150 CC with 3 year full service warranty, excellent condition 2,150 miles, excellent for driving around base, for more info call 721-7239.

1995 Dodge Avenger ES, Silver. 102 k miles. V6, AT, PS, ABS, PW/PD, cruise, CD, spoiler. One owner. Well taken care of. \$4,500. 733-3324. Ask for Bart.

Garage/Yard Sales

Super Yard Sale 17 Jan, 6 a.m.- 1 p.m. Everything must go TV, VCR BMX bike toys etc. 6223 E. Sabre Circle.

Garage/Yard Sales

Furniture, kids beds, weight set, 1975 Dodge Dart, tires (16 245) and more. 17th/ 18th Jan 7 a.m. Golfinks & Harrison, South Harrison, turn right on Burnett and follow around to 3530 S Bardust Lane.

Garage/Yard Sales

Multi-Family Garage Sale, PCS move sale Saturday, Jan. 17 from 7 a.m.- ? toys, baby items, clothes, houseware misc., wedding accessories. †6901 A Talon Dr. next to Borman Elem.



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- ☐ PERSONALS
- ☐ RECREATION VEHICLES
- ☐ MOTORCYCLES
- ☐ WORK WANTED
- ☐ LOST & FOUND
- ☐ INDUSTRIAL PROPERTY
- ☐ MOBILES FOR SALE
- ☐ MOBILES FOR RENT
- ☐ MISC. FOR RENT
- ☐ ACREAGE

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- ☐ FARMS & RANCHES
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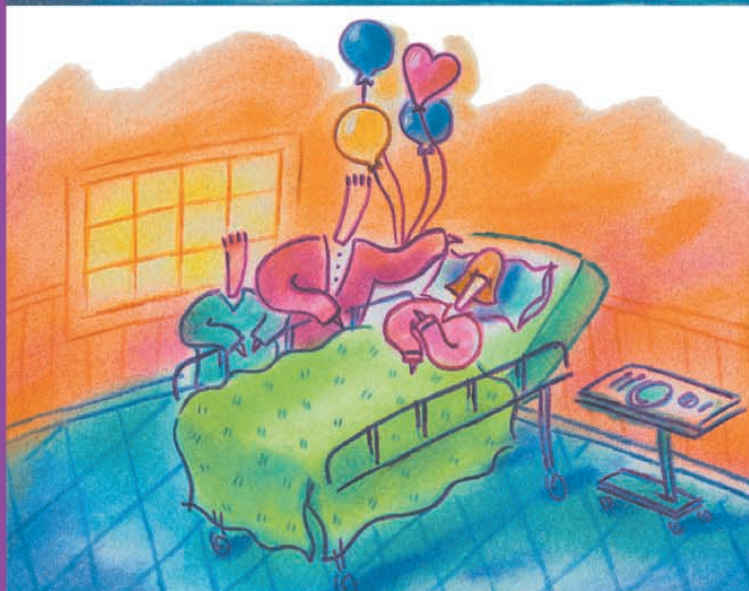
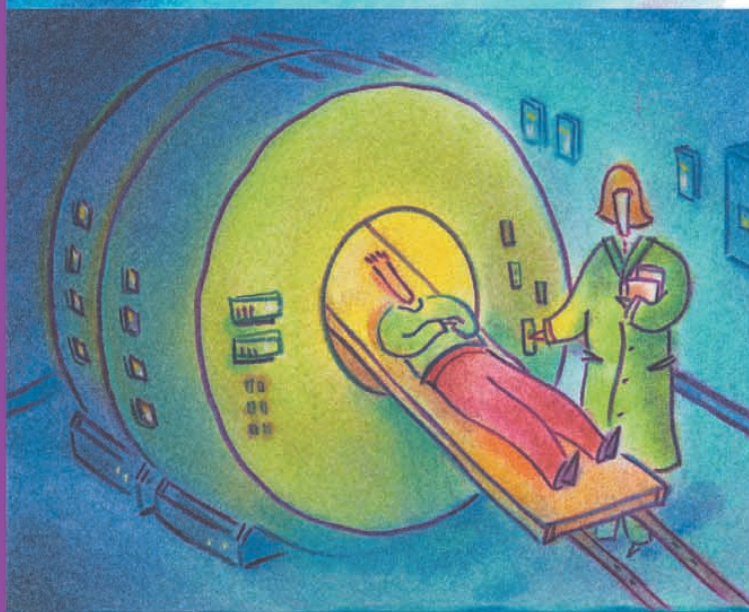
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A CARONDELET HEALTH TIP

Watch Your Step

by John P. Powers, DPM, Podiatric Surgery

Every day your feet endure roughly 8-10,000 steps. Many women endure those steps in high heels. This is the primary reason women have, according to the American Podiatric Medical Association (APMA), about four times as many foot problems as men.

High heels may be a major problem for women, but they aren't the only problem. Pregnancy and age are just some of the factors which play a role in foot health.

The APMA determined that high heels — pumps with heels of more than two inches — are biomechanically and orthopedically unsound. High heels may contribute to a variety of foot problems including knee and back problems, injuries resulting from falls, shortened calf muscles, and an unnatural gait.

If you're a slave to fashion you can alleviate some of the high heel damage. Limit the time you wear high heels by alternating with more comfortable, naturally fitting shoes for part of the day.

Nylon stockings can cause foot woes, too. Because nylon doesn't breathe it creates a warm, damp area around your feet, inviting fungal infections (athlete's foot). The abrasiveness of nylon combined with a tight-fitting shoe is a recipe for blisters. Even more detrimental are tighter fitting support hose.

Pregnant women should take special precautions with their feet. Pregnancy changes the entire body, but supportive, shock-absorbing shoes with broad-based heels help swollen feet and ankles to bear the weight of those changes. A podiatrist should be seen if unusual foot discomfort is experienced.

Fat pads on the bottom of the foot deteriorate as you age, so older women experience more foot trouble than younger women do. Cushioned shoes are crucial, as is a soft flexible upper that conforms to the natural shape of the foot. Wearing leather shoes that "breathe" help prevent skin irritations on the feet.

If you experience continued pain an examination by a foot and ankle specialist is in order. Attempts at self-treatment can cost you not only time and money, they might make the problem worse. Preventing foot problems can be as simple as a wardrobe change and a little extra care — a small price to pay to avoid the agony of "de feet."

Dr. Powers practices Podiatric Medicine and Surgery in Tucson and Green Valley. Call (520) 319-3283 for an appointment.

Have a health or medical question you'd like answered?

Call the Carondelet Query Line at (520) 873-3335 or send it via email to chn_mktg@carondelet.org.

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